



# GROW GUIDE

## POTTAWATOMI POLE BEANS

### Plant Structure

The Pottawatom Pole Bean is a vining plant that possesses prolific growth and production capabilities. This plant stretches to well over six feet tall in the summer and begins pollination in July. You can expect to start harvesting in the late summer and continue to harvest until the frost kills the vines, typically in November. These beans have white flowers and purple seeds.

### Cultivation

- Wait until there is no risk of frost to plant (above 46°F).
- Plant seeds directly into their permanent grow location.
- Provide the vine a structure to climb vertically (trellis fencing, string, corn stalk).
- Consistently water in the mornings or evenings. Keep soil moist, not soaked.

### Seed Saving

- Self-Pollinating
- Isolation Distance: 20'-30' away from any other varieties of beans (including bush varieties).
- Allow the bean pods to completely mature and dry out on the vine before harvesting for seed.
- Do **NOT** harvest seed pods after rain, as the extra moisture will rot your seeds.

## RECORDS

SEED PLANTED: \_\_\_\_\_  
1st SPROUT: \_\_\_\_\_  
2nd SET LEAVES: \_\_\_\_\_  
TRANSPLANTED: \_\_\_\_\_  
1st FRUIT: \_\_\_\_\_  
1st HARVEST: \_\_\_\_\_  
LAST HARVEST: \_\_\_\_\_



## SEED JOURNAL POTTAWATOMI POLE BEANS

**NOTES:** \_\_\_\_\_

---

---

---

---

---

---

---

---



# NOKOMIS KOSMIN SQUASH



# GROW GUIDE

## Plant Structure

The Nokomis Kosmin Squash is a vining plant that utilizes spiraling tendrils to climb and stabilize the plant to bare fruit. Nokomis Kosmin Squash is of the maxima variety, so the vine will be soft and stretch over ten feet. You can expect to begin harvesting the tender young fruits towards the end of July. The fruit is fully mature when the stem comes off the fruit.

## Cultivation

- Wait until there is no risk of frost (above 46 degrees)
- Plant seeds directly into their permanent growing area
- Planting into mounds will help keep the soil warm during the seedling stage and moist throughout the season
- Can be grown vertically if trained up a structure
- Consistently water in the mornings or evenings; water generously when blooms appear

## Seed Saving

- Insect pollinating outcrossing (requires multiple plants)
- Can be hand pollinated
- Isolation distance: 800 feet or more away from other maxima squash varieties
- Pick seeds out of the flesh of the fruit, rinse completely clean.
- Place on a paper towel in a dark, dry place for 5-7 days to dry.
- Store seeds in a cool, dry place.

## RECORDS

SEED PLANTED: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
1st SPROUT: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
2nd SET LEAVES: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
TRANSPLANTED: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
1st FRUIT: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
1st HARVEST: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
LAST HARVEST: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_



**SEED JOURNAL**  
NOKOMIS  
KOSMIN SQUASH

**NOTES:** \_\_\_\_\_

---

---

---

---

---

---

---

---



# GROW GUIDE



## WALPOLE ISLAND WHITE FLOUR CORN

### Plant Structure

The Walpole Island White Flour Corn is a highly developed variety of grass that was created over thousands of years by the Anishinaabe, specifically the Pottawatomi from the Walpole Island area. This plant will grow over six feet tall and should be ready to harvest in late October.

### Cultivation

- Wait approximately two to three weeks after the last frost to plant
- Plant seeds directly into their permanent grow location
- Consistently water in the morning or evenings

### Seed Saving

- Wind pollinating outcrossing
- Isolation Distance: Over a quarter mile from ANY variety of corn
- Allow ears of corn to “drop” and point down before harvesting
- Remove the husks and hang corn to dry, somewhere cool and dry
- When removing seeds from the cobb, select the very middle rows for your seeds. *(Kernels are less developed at the ends of the cobb)*

## RECORDS

SEED PLANTED:     \_\_\_/\_\_\_/\_\_\_  
1st SPROUT:       \_\_\_/\_\_\_/\_\_\_  
2nd SET LEAVES:   \_\_\_/\_\_\_/\_\_\_  
TRANSPLANTED:     \_\_\_/\_\_\_/\_\_\_  
1st FRUIT:         \_\_\_/\_\_\_/\_\_\_  
1st HARVEST:       \_\_\_/\_\_\_/\_\_\_  
LAST HARVEST:     \_\_\_/\_\_\_/\_\_\_



**SEED JOURNAL**  
WALPOLE  
ISLAND WHITE  
FLOUR CORN

**NOTES:** \_\_\_\_\_

---

---

---

---

---

---

---

---